

SEQUENCE: ABDOMINAL

1. **Palming**
2. **Polarity Holds: Opening Sequence**
3. **Agrapatra and Sthapani**
4. **Vankri**
5. **Yakrut and Pliha**
6. **Central Nabhi at belly button {pressure with the breath}**
7. **Nabhi 1 and Nabhi 2**
8. **Nabhi 3 and Nabhi 4**
9. **Basti**
10. **Lohita**
11. **Vankshana**
12. **Polarity holds: Closing Sequence**